

## Job openings

Adult Community Education Vocational Rehabilitation/Vocational Rehabilitation Secretary. Contact Tricia Sahme 553-4952.

Natural Resources Fire Mgmt/ Fire Management Officer, full time. Contact Mark Jackson 553-2416 Open Until Filled.

Natural Resources Forestry/Staff Support Assistant, Full Time. Contact Theresa Morris 553-2413.

Public Safety Police Department Communications Full time. Contact

Lee Ann Tufti 553-3272.

Public Safety Police Dept./Lieutenant of Corrections. Contact Don Courtney 553-3272.

Public Utilities/Sanitation Environmental Technician, Full Time. Contact Nancy Collins 553-4943, Open Until Filled.

Surveillance Observer, Part Time & Full Time. Contact David Therrien or Michelle Stacona 553-2413.

1 Full-Time Position-closes January 15<sup>th</sup>, 2001. Experience required. Both G/L and A/P experience will be considered. Wage depending on experience. Benefits. Qualifications: computerized A/P and 1099 experience preferred. Must be skilled in 10-key and spreadsheets. Excell preferred. Revenue audit and/or Casino experience a PLUS.

### Jefferson Co. Sch. Dist. 509-J openings

Educational Assistant at Madras High School; Forestry Teacher at Madras High School and a Temp. 5<sup>th</sup> grade teacher position (ends June 12<sup>th</sup>, 2001) at Jefferson Co. Middle School.

Interested candidates should contact: Jefferson Co School District, 509-J; 445 SE Buff Street; Madras,

### Indian Head Casino Openings

Blackjack training  
Indian Head Casino will be offering free blackjack training in January. Training will begin on Monday, January 22, 2001 from 10 a.m. to 6 p.m. Classes will run in eight-hour sessions. An average of four days per week for four weeks. Becoming a certified Blackjack Dealer requires 96 hours of training and pass an audition.

Upon completion of a full 96 hours and passing an audition to become a certified Blackjack dealer, positions hired by Indian Head Casino will begin on a part-time basis. To sign-up for training, please contact IHC Human Resources depart-

## Warm Springs Composite news

Happy New Year from WSCP  
Congratulations go out to Melissa Kibby and Clarence Dalin. They have been chosen as employee of the month for November and December, respectively. They were chosen based on attendance, attitude and their hard work for the entire month.

Warm Springs Composite Products has enjoyed a wonderful year 2000. We have made great strides in improving and strengthening our position within the fire door industry. During the year we have set numerous milestones for this young, up and coming company. Most important is that fact that we have been able to increase our total sales for the year by more than 20% over total sales of a successful 1999.

During the year 2000 we have been able to be profitable for every single month and in 1999 there had been only one month during the year where we had not shown a profit. That

in itself is an accomplishment for our employees to take pride in. Another milestone for this company is that in November of this year we had all time sales month with August being a close second.

A huge thanks goes out to our employees, they are our most valuable assets. Only with their total commitment and dedication has all this been possible. During this year we have enjoyed that fact that our current crew has been the most tenured since the very beginning.

We as a company have come a long way since our humble beginnings and hopefully these past few years are only a glimpse of that which lies ahead. Hopefully 2001 will offer us the opportunity to continue to improve upon what we have already begun.

WSCP hopes that everyone had a safe and happy Holiday Season!

## Michael to serve as acting Assistant Secretary-Indian Affairs

Secretary of the Interior Bruce Babbitt has named Michael J. Anderson, as Acting Assistant Secretary - Indian Affairs until the end of the Clinton Administration. Mr. Anderson has been serving in the position of Deputy Assistant Secretary - Indian Affairs. He succeeds Kevin Gover, who resigned on January 3, 2001.

Prior to becoming Deputy Assistant Secretary in 1995, Anderson served as Associate Solicitor for Indian Affairs. Before joining the Solicitor's Office in August, 1993,

Anderson served as Executive Director of the National Congress of American Indians (NCAI). From 1991-1992, Anderson practiced environmental law with the firm of McKenna & Cuneo. In 1991, he was Associate Counsel and, later, General Counsel for the Senate Committee on Indian Affairs' Special Committee on Investigations.

Mr. Anderson, a member of the Muscogee Creek Nation, graduated from the University of Oklahoma in 1980 and Georgetown University Law Center in 1984.

## BIA issues final determination on the recognition of the Chinook Indian Tribe/Chinook Nation

One tribe's 22-year journey through the Bureau of Indian Affairs' (BIA) process for federal recognition ended this afternoon when Assistant Secretary - Indian Affairs Kevin Gover signed the final determination in favor of federal acknowledgement for the Chinook Indian Tribe/Chinook Nation of Washington State in a ceremony at the Department of the Interior's main building in Washington, D.C. "Today, we have the opportunity to address directly a historical injustice lasting many years," said Assistant Secretary Gover. "The Chinook rejoin the family of Tribal Nations acknowledged by the United States."

Present at the signing were Chinook Chairman Gary Johnson and a delegation of tribal council representatives and tribal members. "This is a great day for the Chinook people," said Chairman Johnson. "We are grateful to everyone who supported our recognition. Throw out the books that say the Chinook do not exist."

Deputy Assistant Secretary - Indian Affairs Michael J. Anderson and BIA Deputy Commissioner M. Sharon Blackwell also signed the final determination, which was Assistant Secretary Gover's last official act

on his final day with the Interior Department.

The Chinook Indian Tribe/Chinook Nation is located in eastern Washington State with significant portions of the approximately 2,000-member tribal population having lived along the shores of Willapa Bay and the Columbia River 25 to 45 miles to the south and southeast of Bay Center. The tribe first treated with the United States in 1851. Despite suffering through decades of neglect by the federal government, tribal members maintained tribal and cultural traditions. In 1979, the tribe notified the BIA of its intent to submit a petition for federal recognition to the agency's Branch of Federal Acknowledgement and Research (BAR).

Assistant Secretary Gover made his final determination based on documentary and interview evidence, which in 1997 formed the basis for a proposed finding not to acknowledge the Chinook Indian Tribe/Chinook Nation, and an analysis of information and comments received in response to the proposed finding from third parties and the tribe itself. He reached additional

factual conclusions after con-

Indian Head Trail Restaurant  
Close Out sale on video movies  
All titles reduced to \$5 each also CD's & cassettes for sale

### Notice given

I, Valerie (Switzer) Aguilar, will not be responsible for any debts incurred other than my own as of December 2nd, 2000.

### Court notice

Alberta Comedown-Libby Petitioner vs. Heather Duncan Respondent  
Summons For Publication Case No. DO81-98

### To Heather Duncan,

You are hereby notified that a petition for Modification has been filed with the Warm Springs Tribal Court. By this notice you are summoned to appear in this matter at a hearing scheduled for 2:00 p.m., on the 31st day of January, 2001, at the Warm Springs Tribal Court. All of the facts of the case will be heard at this hearing, including evidence you wish to present.

You must appear to present your argument or the other side will automatically win. The Petitioner, Alberta Comedown-Libby may then be given all that is asked for in the petition for Modification.

The Petitioner will be present at the hearing. If you desire to personally argue your side of the case, you may have a legal aide, spokesperson or attorney appear on your behalf at your expense.

If you have any questions, you should seek legal advice immediately.

Dated at Warm Springs, Oregon, this 20th day of December, 2000.

Lola Sohapp Chief Judge, Warm Springs Tribal Court

### Home for sale

4 bedrooms, 2 bathrooms, large kitchen with island, 2 pantries, linen closet, living room, dining room, family room, sunroom, 5-seat Jacuzzi, screened patio, woodstove & fireplace, carpeted throughout, cyclone fence with large yard, private, located in the timber among the pines. \$137,000 with appraisal. May see by appointment only.

Contact Tricia Courtney at 553-4952. Must be able to procure a Tribal loan.

The Indian Warrior...

## Information and tips for Veterans

# Post-Traumatic Stress Disorder Among Military Veterans.

"My life is different after that happened and I don't know why. At first it didn't seem to bother me, but now I have terrifying dreams about it and can't seem to get it out of my mind. All I want is to be left alone. My family and friends want me to be the way I used to be, to forget it, but I'm not the same person. I thought I could forget about it when I got out, but it got worse. If I don't have a couple of drinks I can't get to sleep, and now I'm drinking more. The kids bother me a lot, and I'm pretty irritable and snap at everybody for nothing, really. I've had a lot of jobs since I got out, but I can't seem to keep them for long, I don't like to be around people. I sit with my back to the wall whenever I can. Loud noises bother me, and I feel more comfortable with a weapon. At night I check the doors and windows several times before I can relax. Night is bad, I hear all the neighborhood noises, dogs barking, car doors slamming, people talking..."

Many veterans can relate to this statement, which was made by one among their members. While we can all be placed in dangerous situations in our society, military service can be especially hazardous. Besides the obvious risk in combat, there are other special risks as well. There are many potentially dangerous situations, from training with arms, explosives and large machinery to the possibility of transportation accidents, or interpersonal violence. Some incidents may cause physical injuries which are easily recognized, but many can cause emotional damage as well.

Emotional damage can occur from surviving an event where one's life, or the lives of others emotionally close to one are threatened. Emotional scarring can also happen if one or those close to one have survived frightening events. It is called post-traumatic stress disorder (PTSD) by mental health professionals.

In the 1860's this emotional response was called "railroad spine." It was related to railroad workers who had been exposed to life threatening accidents and were reluctant to return to work. They often reported back pain, but there were no physical injuries. They also were nervous, had nightmares, depression and sleeplessness.

During the Civil War, Dr. Decosta, a U.S. Army surgeon, reported high levels of tension, fast heart rate, inability to sleep, and fear about returning to combat. This response to combat was called "soldiers heart."

During World War I, this same phenomena was called by a more familiar term, "shell shock." The thinking of the medical profession at that time was that tremendous shelling caused small blood vessels in the brain to burst. The symptoms included running amok, jumpiness, irritability, trouble sleeping, and physical tremors.

World War II brought us "battle fatigue," a term which started with the U.S. forces in Tunisia, North Africa. The battlefield medical personnel found that rest, food and returning soldiers to their units helped them to deal with their emotional and physical problems related to combat.

In the Korean War, the term "gross stress reaction" was used to describe the emotional turmoil that was a result of combat and being a prisoner of war.

During the Vietnam War, there were very few battlefield emotional casualties. The emotional distress began to show later, after the veterans returned home from their one-year combat tours. This delay in the appearance of symptoms was called "delayed stress reaction" and "post-Vietnam syndrome."

In the 1970s, other terms started being used to describe the same emotional response, but caused by other traumatic events, such as "rape trauma," "battered woman syndrome," "police officers shooting trauma," and "abused child syndrome."

In the late 1970s the Disabled American Veterans (DAV) sponsored psychological research into the emotional aftermath of battle on Vietnam veterans. The research was called the **Forgotten Warrior Project**. As a result of this research, the DAV opened centers for Vietnam veterans and their families in 70 cities around the country. The services included assistance in obtaining counseling, obtaining veterans' benefits and access to employment and training programs, as well as other services. In the early 1980s, following the DAV's success in developing treatment techniques, the Veterans Administration (VA) began its

Vet Center program, designed specifically to treat veterans and their families for trauma-related emotional difficulties. As the Vet Center program grew, the DAV phased out its outreach initiative.

Since 1980, the American Psychiatric Association has included "Post-traumatic stress disorder" in its official diagnostic manuals. The current diagnostic manual is used worldwide as the bible of mental difficulties. The diagnosis of PTSD is given to people who have been confronted with events which seem to be potentially harmful to themselves or others. The people responded to the event or series of events with intense fear, hopelessness or horror. Not just those surviving the event are included among PTSD's victims, but those who think that a harmful event is about to happen to them or to a loved one or close friend.

Traumatized people describe psychological reliving the event in several ways. Thinking about it a lot when they are not trying to remember it is one way. It seems that the memories just pop into their minds. Some tell of occasional nightmares about the trauma; others recount becoming very upset when reminded of it. Flashbacks give victims the feelings and sensation of returning to the scene where the trauma was experienced. Many have guilty or shameful feelings despite the fact that the trauma was not their fault.

Many actively avoid things that remind them of the trauma, such as not watching certain movies or TV shows, not talking about it or avoiding certain locations that bring back the memories. Some periodically become depressed, feel that they are living on borrowed time or experience difficulty having fun. Many have trouble remembering some major portion of the trauma. Most feel that they have been changed, that they don't fit into the mainstream of society, that they don't belong.

Some report feeling anxious, tense and jumpy. They have trouble falling or staying asleep, may have fits of rage over nothing. There may be trouble remembering or concentrating. Almost all report that they are jumpy and nervous now, startle easily, and don't like being in crowds. They don't feel safe.

Lots of people feel that they are going crazy because they can't stop feeling the way they do. Often they don't associate the symptoms with the original trauma. Drinking may increase in an attempt to get to sleep.

While we all have some of these problems at various times, a person with PTSD continues to have the symptoms on a cyclic basis. They don't have problems all the time, but do have them on and off over a period of time. They may feel guilty about surviving the event, and feel different from other people and from how they used to be.

If this sounds like you or a family member, it may be helpful to consult with a mental health professional who specializes in PTSD. PTSD is a treatable disorder. While the memories never completely go away, the symptoms can become manageable. Many people simply put up with their symptoms because they are embarrassed to ask for help for emotional problems. Others feel that nothing can help, but generally that impression is mistaken. Veterans and their families can receive counseling from the Department of Veterans Affairs (VA) Vet Center program. You can contact the DAV for information about this program, as well as other veterans' benefits.



Disabled American Veterans  
National Service Program  
807 Maine Avenue, S.W.  
Washington, DC 20024

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Spilyay Tymoo is published bi-weekly by the Confederated Tribes of Warm Springs.